

Child and Adult Care Food Program (CACFP) • Meal Pattern for Children¹

CACFP Meal Pattern	Ages 1 and 2	Ages 3 through 5	Ages 6 through 12
Breakfast			
Milk, fluid	½ cup ²	¾ cup	1 cup
Vegetables and Fruits Vegetable(s) and/or fruit(s) or Full-strength fruit or vegetable juice or An equivalent quantity of any combination of the above.	¼ cup	½ cup	½ cup
Grains/Breads³ Bread or Cornbread, biscuits, rolls, muffins, etc. or Cold dry cereal ⁴ or Cooked cereal or Cooked pasta or noodle products or Cooked cereal grains or An equivalent quantity of any combination of the above grains/breads.	½ slice ½ serving ¼ cup or ⅓ oz. ¼ cup ¼ cup ¼ cup	½ slice ½ serving ⅓ cup or ½ oz. ¼ cup ¼ cup ¼ cup	1 slice 1 serving ¾ cup or 1 oz. ½ cup ½ cup ½ cup
Snack (Supplement)			
<i>Serve any 2 of the following 4 components: (Must be 2 DIFFERENT components)</i>			
Milk, fluid	½ cup ²	½ cup	1 cup
Vegetables and Fruits Vegetable(s) and/or fruit(s) or Full-strength fruit or vegetable juice ⁵ or An equivalent quantity of any combination of the above	½ cup	½ cup	¾ cup
Grains/Breads³ Bread or Cornbread, biscuits, rolls, muffins, etc. or Cold dry cereal ⁴ or Cooked cereal or Cooked pasta or noodle products or Cooked cereal grains or An equivalent quantity of any combination of the above grains/breads.	½ slice ½ serving ¼ cup or ⅓ oz. ¼ cup ¼ cup ¼ cup	½ slice ½ serving ⅓ cup or ½ oz. ¼ cup ¼ cup ¼ cup	1 slice 1 serving ¾ cup or 1 oz. ½ cup ½ cup ½ cup
Meat and Meat Alternates Lean meat or poultry or fish ⁶ or Alternate protein products ⁷ Cheese or Eggs or Cooked dry beans or peas or Peanut butter or soynut butter or other nut or seed butters or Peanuts or soynuts or tree nuts or seeds ⁸ or Yogurt ⁹ , plain or flavored, unsweetened or sweetened or An equivalent quantity of any combination of the above meat and meat alternates.	½ oz. ½ oz. ½ oz. ½ large egg ⅛ cup 1 Tbsp. ½ oz. 2 oz. or ¼ cup	½ oz. ½ oz. ½ oz. ½ large egg ⅛ cup 1 Tbsp. ½ oz. 2 oz. or ¼ cup	1 oz. 1 oz. 1 oz. ½ large egg ¼ cup 2 Tbsp. 1 oz. 4 oz. or ½ cup

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CACFP Meal Pattern	Ages 1 and 2	Ages 3 through 5	Ages 6 through 12
Lunch or Supper			
Milk, fluid	½ cup ²	¾ cup	1 cup
Vegetables and Fruits¹⁰ Vegetable(s) and/or fruit(s)	¼ cup total	½ cup total	¾ cup total
Grains/Breads³ Bread or Cornbread, biscuits, rolls, muffins, etc. or Cooked pasta or noodle products or Cooked cereal grains or An equivalent quantity of any combination of the above grains/breads.	½ slice ½ serving ¼ cup ¼ cup	½ slice ½ serving ¼ cup ¼ cup	1 slice 1 serving ½ cup ½ cup
Meat and Meat Alternates Lean meat or poultry or fish ⁶ or Alternate protein products ⁷ Cheese or Eggs or Cooked dry beans or peas or Peanut butter or soynut butter or other nut or seed butters or Peanuts or soynuts or tree nuts or seeds ^{8,11} or Yogurt ⁹ , plain or flavored, unsweetened or sweetened or An equivalent quantity of any combination of the above meat and meat alternates.	1 oz. 1 oz. 1 oz. ½ large egg ¼ cup 2 Tbsp. ½ oz. ¹¹ = 50% 4 oz. or ½ cup	1½ oz. 1½ oz. 1½ oz. ¾ large egg ⅜ cup 3 Tbsp. ¾ oz. ¹¹ = 50% 6 oz. or ¾ cup	2 oz. 2 oz. 2 oz. 1 large egg ½ cup 4 Tbsp. 1 oz. ¹¹ = 50% 8 oz. or 1 cup

¹ The meal pattern chart shows the minimum amounts of each component that must be made available to each child by the center or day care home in order to claim reimbursement for the meal. Children may be served larger portions but not less than the minimum quantities specified.

² For the purposes of the requirements, a cup means a standard measuring cup.

³ Bread, pasta or noodle products, and cereal grains must be whole-grain or enriched; cornbread, biscuits, rolls, muffins, etc., must be made with whole-grain or enriched meal or flour; cereal must be whole-grain or enriched or fortified. Bran and germ are credited the same as enriched or whole-grain meal or flour. All products must meet the minimum serving sizes specified in *Exhibit A: Serving Sizes for Grains/Breads in the CACFP*.

⁴ Either volume (cup) or weight (ounce), whichever is less.

⁵ Juice may not be served when milk is the only other snack component.

⁶ Edible portion as served.

⁷ Alternate Protein Products must (1) be processed so that some portion of the non-protein constituents of the food is removed, (2) have a biological protein quality of at least 80 percent that of casein as determined by PDCAAS, and (3) contain at least 18 percent protein by weight when fully hydrated or formulated.

⁸ Tree nuts and seeds that may be used as meat alternates include: almonds, Brazil nuts, cashews, filberts, macadamia, peanuts, pecans, walnuts, pine nuts, pistachios and soynuts. Children under 5 are at the highest risk of choking. USDA recommends that any nuts and/or seeds served to young children are in a prepared food and are ground or finely chopped.

⁹ It is recommended that yogurt is not served when milk is the only other snack component.

¹⁰ Serve two or more kinds of vegetable(s) and/or fruit(s). Full-strength vegetable or fruit juice may be counted to meet not more than one-half of this requirement.

¹¹ At lunch or supper, no more than 50% of the requirement shall be met with nuts or seeds. Nuts or seeds must be combined with another meat/meat alternate to fulfill the requirement. For the purpose of determining combinations, 1 ounce of nuts or seeds is equal to 1 ounce of cooked lean meat, poultry or fish.